Introduction
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Ethnomedicines may be broadly classified on the basis of source of information, into the following three categories –

(i) *Tribal medicines*: information can be collected from the tribal societies.

(ii) *Folk medicines*: study of the rural communities will provide the information.

(iii) *Textual medicines*: medicines mentioned in various ancient and medieval texts.

With the progress of modernization & urbanization, the tribal communities and rural societies are liking to depend on allopathic medicines and hence the sources of information about these two categories of ethnomedicines may be obliterated before long.

Therefore, comprehensive studies in these areas should be initiated jointly by industrialists and scientists, with a view to producing modern medicines with locally available resources.

In the background of Dunkel Agreement, the Pharmaceutical Industries of India have to manufacture medicines with indigenous technology, at least from the beginning of the 21st century. This is a challenge, and the same can be met by the industries with the appropriate help and cooperation of the scientists and technologists.

Ethnomedicines can be of great help in meeting this challenge. Information on ethnomedicines can provide some basic data regarding the
medicinal usefulness of some locally available plant and animals. Crude technologies of manufacturing ethnomedicines may form the spring – board for developing indigenous technology for manufacturing modern medicines. Further, proper utilization of ethnomedicines, of course after appropriate scientific verifications and modernizations, may help us to achieve the cherished goal of "Health for All". For all these said reasons, ethnomedicine has assumed significant importance in recent times.

**Objectives:**

(1) Evaluation of antidiabetic activity

(2) Evaluation of acute and chronic toxicity

**Present Investigation:**

Both the plants are wildly available in Bundelkhand region & used traditionally.

In recent years, there has been great demand for plant derived products in developed countries. These products are increasingly being sought out as medicinal products, neutraceuticals and cosmetics. The world market for these products has been estimated to be Rs.67000 crore and that is growing at a rate of 15% per annum. In which, share of India is only Rs. 4200 crores; inspite of the fact that India has one of the 12 mega biodiversities in the world; beside it, our products are not backed by rigorous scientific studies to establish their safety, purity, efficacy and standards.

Now-a-days, traditional herbal drugs are in-vogue for better therapeutic use with minimal side effects. Eighteen million American have diabetes mellitus. Nearly one-third of those with diabetes develops renal
disease. Diabetic nephropathy is a major contributor to death in those with diabetes, primarily from end-stage renal disease [ESRD], cardiovascular disease, neurological, ocular and other intercurrent infections. Normalization of blood glucose, antihypertensive treatment and restriction of dietary protein are the primary therapeutics interventions implemented in this population. Diabetes is a disease characterized by inappropriate hyperglycemia; causing by decreased production/action of insulin hormone [secreted by the beta cells of islet of Langerhans in the pancreas]. Insulin deficiency is the underlying cause of the diabetes, which may be due to disease of the pancreas, defective formation of the insulin, destruction of beta cells in the pancreas, due to viral infections, decreased sensitivity of insulin, genetic defect or auto immunity, etc. In diabetes, glucose utilization is decreased which leads to hyperglycemia (increased blood sugar level) and glycosuria (sugar in urine). The unregulated blood sugar can result from either a deficiency of insulin or a reduction in its effectiveness. Non-insulin dependent diabetics may use oral hypoglycemic agents to stimulate the pancreas to produce more insulin. Careful dietary habits and exercise are essential components in the management of diabetes.

The great contribution of plant kingdom to mankind is alleviation of suffering from diseases by providing a large variety of potent drugs. Inspite of the spectacular advances in synthetic drugs, there is a tendency to use indigenous drugs and natural products wherever possible, obviously because of their low cost and relative lack of serious side effects. This is especially true in developing countries like USA, a quarter of all the prescriptions dispensed had either crude extracts of plants and pure drugs isolated from plants or even formulations.
Increase in life expectancy and the declining death rate and epidemiological transition is resulting in non-communicable diseases like cardiovascular ailments, cancer and diabetes etc.

*Diabetes* is derived from *Greek word Dia*: through and *Bainein*: to go. Thus, diabetes is the inability of the body to utilize glucose, due to failure of pancreas to secret insulin in sufficient quantity. The substances used in the treatment of the diabetes are known as *Antidiabetics*.

*Diabetes mellitus* (type-II diabetes) has been recognized as a metabolic disorder, characterized by hyperglycemia as a result of insulin resistance and impaired secretion since ancient times and today it remains a global health problem with far reaching effects on lives of the patients.

According to WHO report, adults with Diabetes mellitus in the world are to be increased from 135 million in the year 1995 to 300 million in the year 2025 and current estimates for India are that the number will increase from 22.4 million in the year 2002 to 57 million in the year 2025 and every 5th diabetic in the world would be an Indian.

Thiazolidinediones (Glitazones) are novel class of antidiabetics. Diabetic neuropathy is one of the most frequent peripheral neuropathies surrounded with hyperalgesia and hyperesthesia. Besides alteration in the neuronal nitric oxide synthase (nNOS) is a key in the pathogenesis of diabetic neuropathy.

Diabetes is the third biggest disease in the globe as far as the death due to diseases are concerned. Nearly 50% of world population will have insulin dependent diabetes. Major reason for such a drastic increase in diabetic patients is the current life style, which nobody is willing to change.
Various studies have shown that the diabetic population have been increasing in India in an alarming proportion during the last few decades. It is estimated that India will be one of the leading center of the world with high diabetic population by 2010 A.D. Kerala is one of the Indian states were the diabetic population is found increasing year by year irrespective of the fact that a huge majority of the Keralites are health conscious (mainly age group : 50-59 years).

95% of Indian patients in their 40's & 50's fall under type II diabetes. Till date, there is no remedy to cure diabetes. It can be controlled by change in the diet and life style modification and / or medication, exercises and yoga, (Pranayama, Dhakurasana, Ardha-matsendra Asana, Pachimotosana, Halasana & Vajrasana etc.). In our Indian culture, yoga is the best remedy to treat the diabetes. Yoga is not consider as physical needs but emotional, mental, intellectual and spiritual needs as well, through gentle movements, relaxation, breathing, life style, altitudes and meditation.

1,40,000 people die each year from adverse reaction of the medicine. At least 2% to 4% of death associated with Type-I diabetes result from hypoglycemia. To take good care of diabetes for life, be sure to follow these 7 principles :-

1. Find out what type of diabetes
2. Get regular care for diabetes
3. Learn how to control diabetes
4. Treat high blood sugar
5. Monitor blood sugar levels
6. Prevent and diagnose long term diabetes problems
7. Get checked for long term problems and treat